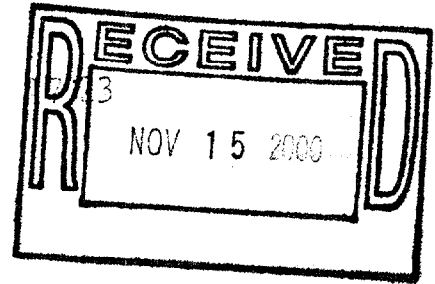


November 7, 2000

Office of Special Nutritionals (HFS-450)
Center for Food Safety & Applied Nutrition
Food and Drug Administration
200 C Street SW
Washington, D.C. 20204

7736 00 250-1



Dear Sir or Madam:

This letter will serve as 30-day notification, pursuant to section 403 (r)(6) of the Federal Food, Drug & Cosmetic Act and regulations promulgated thereunder.

Name and address of Dietary Supplement Manufacturer: Twin Laboratories, Inc.
150 Motor Parkway
Hauppauge, NY 11788

Text of statement being made: "...Provides the special benefits of gum, pectins (hemicelluloses) and polysaccharides which are so important for maintaining the proper pace and bulk required for healthy digestive function."

Dietary supplement ingredients: Vitamin C, Guar Gum, Apple Pectin and Psyllium Seed Husk.

Dietary supplement brand and name: Twinlab Maxilife FIBERSOL.

As required, enclosed are two photocopies of this notification.

The signee certifies that the information contained in this notice is complete and accurate, and that Twin Laboratories, Inc., has substantiation that the statement is truthful and not misleading.

Sincerely,

Neil Blechman
Executive Vice President
Twin Laboratories, Inc.

Enclosures